



WHEELER REGIONAL FAMILY YMCA LAP POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

www.wheelerYMCA.org

Effective 3.5.19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM - 10:00AM 4 LANES OPEN	5:30AM - 10:00AM 4 LANES OPEN	5:30AM - 10:00AM 4 LANES OPEN	5:30AM - 10:00AM 4 LANES OPEN	5:30AM - 10:00AM 4 LANES OPEN
10:00AM - 11:00AM 2 LANES OPEN	10:00AM - 11:00AM 2 LANES OPEN		10:00AM - 11:00AM 2 LANES OPEN	10:00AM - 11:00AM 2 LANES OPEN
DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	10:00AM - 3:00PM 4 LANES OPEN	DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL	DEEP WATER CARDIO 2 LANES 10:00-10:45 APRIL
11:00AM - 4:30pm 3 LANES OPEN	11:00AM - 5:00pm 3 LANES OPEN	3:00PM- 4:30PM 4 LANES OPEN	11:00AM - 5:00PM 3 LANES OPEN	11:00AM - 4:00PM 3 LANES OPEN
5:00pm-8pm 2 OPEN LANES ADULT SWIM 2 LANES SWIM TEAM PRACTICE	4:30pm-8pm 2 OPEN LANES ADULT SWIM 2 LANES SWIM TEAM PRACTICE	5:00pm-8pm NO Lanes Swim team Practice	5:00pm-8pm 2 OPEN LANES ADULT SWIM 2 LANES SWIM TEAM PRACTICE	4-5pm AQUA BUDDIES NO OPEN LANES
	8:00PM- 8:45pm 4 LANES OPEN	8pm - 8:45PM 2 LANES OPEN	8pm - 8:45PM 4 LANES OPEN	NO Lanes 5:00-8:45pm Pre-team and MASTERS
				DEEP WATER WALKING - 2 lanes 7:30pm Diane
Parents with children 7 and younger MUST BE IN THE POOL IN ARMS REACH OF THEM AT ALL TIMES				

SATURDAY	SUNDAY
7:00AM - 9:00AM 3 LANES OPEN 1 LANE CLOSED	6:45am-8:45am NO OPEN LANES SWIM TEAM Practice
9:00AM - 10:30AM 0 LANES OPEN 10:30AM - 12:45AM 1 LANE OPEN 3 LANES CLOSED	8:45AM - 2pm 3 LANES OPEN
12:45PM - 5:45PM 4 LANES OPEN	2-3:30pm NO OPEN LANES SWIM TEAM Practice

WATER FITNESS CLASSES:
Deep Water Cardio: Take a load off you feet and join us in a deep water cardio class! Using a waist support, this class will release joint pressure and give you a great work out at the same time!

Please remember to shower before entering the pools or the spa. It helps to keep our water clean, and it's the law!

Pool Schedule is subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.



WHEELER REGIONAL FAMILY YMCA MULTIPURPOSE POOL SCHEDULE

*Ramp area is always open

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM-6:00AM 3 OPEN LANES	5:30AM-6:00AM 3 OPEN LANES	5:30-6:00AM 3 OPEN LANES	5:30-6:00AM 3 OPEN LANES	5:30-6:00AM 3 OPEN LANES
6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	6:00AM - 7:00AM 3 OPEN LANES	6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	6:00AM - 6:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL
6:45AM - 9:00AM 3 OPEN LANES	6:45AM - 9:00AM 3 OPEN LANES	7:00AM - 9:00AM 3 OPEN LANES	6:45AM - 9:00AM 3 OPEN LANES	6:45AM - 9:00AM 3 OPEN LANES
9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL	9:00AM - 9:45AM 1 OPEN LANE Shallow Water Fitness 2 LANES - APRIL
9:45AM - 4:15PM 3 OPEN LANES	9:45AM - 10:45AM 3 OPEN LANES Arthritis Water Fitness 1 OPEN LANE - ALYCIA 10:45-11:30AM	9:45AM - 4:15PM 3 OPEN LANES	9:45AM - 10:45AM 3 OPEN LANES Arthritis Water Fitness 1 OPEN LANE - ALYCIA 10:45-11:30AM	9:45AM - 5:45PM 3 OPEN LANES
	11:30AM - 4:15PM 3 OPEN LANES		11:30AM - 4:15PM 3 OPEN LANES	
4:15PM - 7:15PM - zero degree only NO OPEN LANES	4:15PM - 7:15PM - zero degree only NO OPEN LANES	4:15PM - 7:15PM - zero degree only NO OPEN LANES	4:15PM - 7:15PM - zero degree only NO OPEN LANES	5:45PM - 7:15PM - zero degree only NO OPEN LANES
7:15PM - 8:45PM 3 OPEN LANES	7:15PM - 8:15PM 1 OPEN LANE NEW Aquacise 2 LANES, 7:15pm-8:00pm APRIL	7:15PM - 8:15PM 1 OPEN LANE Qui Gong Water Yoga 2 Lanes, 7:30PM - 8:15PM	7:15PM - 8:45PM 3 OPEN LANES	7:15PM - 8:45PM 3 OPEN LANES
SPA CLOSED AT 3:00PM FOR WEEKLY CLEANING on SUNDAYS. MPP REMAINS OPEN.	8:15PM - 8:45PM 3 OPEN LANES	8:15PM - 8:45PM 3 OPEN LANES	If the lap pool closes Deep Water Cardio moves to the MPP and gets two lanes for class.	
	Parents with children 7 and younger MUST BE IN THE POOL IN ARMS REACH OF THEM AT ALL TIMES			
Pool Schedule is subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.				

SATURDAY	SUNDAY
Pool Opens 7:00am Shallow Water Fitness 7:15-8:00am - Leslie	8:00AM - 9:30AM 3 LANES OPEN
8:00-9:00am 1 OPEN LANE	Aqua Zumba 2 LANES, 9:30AM - 10:15AM DIANE
9:00 AM - 12:45PM NO OPEN LANES - Zero Degree swimming only	10:15AM - 12:30PM 1 OPEN LANE 2 LANES CLOSED
12:45PM - 5:45PM 3 OPEN LANES	12:30PM - 3:45PM 3 OPEN LANES

WATER FITNESS CLASSES:

Shallow Water Fitness: Wake up and start your day with a comprehensive workout! This class includes stretching, toning, & core work. Feel refreshed & energized to enjoy the rest of your day! This is a great class for ALL Fitness Levels!

Aqua Zumba: blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during this class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Qi Gong Water Yoga: Qi Gong is a 4,000 yr old Chinese practice of flowing meditation in motion. There are mainly standing moves that focus on moving one's own energy field around as if flowing through water. Qi Gong boosts the immune system and is beneficial for all ages and abilities.

NOTE: The 'ramp' area of the multipurpose pool is always available for open swim. However, please note that if there are programs going on elsewhere in the pool, the water features will not be turned on.

Birthday parties utilize the pool in the afternoons on weekends. Open swim is still available during this time.

IMPORTANT INFORMATION - A SAFE POOL IS A FUN POOL!

Taking pictures or video as well as cell phone use (calls, texts, emails etc may be handled in the hallway) is not permitted at any time.

You must shower before entering the pool(s) or spa. It helps to minimize the smell of chemicals and keeps the water clean from oils, lotions, deodorants, sweat, etc.)

Please walk; no running.

Children under 7 years of age must have a parent/guardian in the water within arms reach and/or wear a Coast Guard approved life jacket at all times.

Children under 11 years of age must have a parent/guardian in the pool area at all times.

Only Coast Guard approved floatation devices are permitted.

The only inflatable device allowed is a beach ball.

Please jump and dive only in the deepest end of the lap pool. Starting blocks are only for program use.

Please do not hang or sit on the lane lines (they can break).

You must be at least 15 years of age in order to use the spa (remember that honesty is a YMCA core value).

Minimize splashing.

Keep your hands and feet to yourself - no rough play or piggy back rides.

Extended breath holding is not permitted including hypoxic training and breath holding games.

Food is not allowed on the pool deck at any time.

All swimmers age 16 & younger must be swim tested and wear a YMCA Deep Water Approved wristband.

Have you had your SWIM TEST?

Remember to wear your green wrist band! A lifeguard will ask you to exit the pool without it.

Need another one? No problem - bands can be purchased for \$1 at the front desk.